



DOMESTIC VIOLENCE

"About power and control"

*It is **never** to be confused with love, caring, or respect for one another. Bad behaviors affect the entire family. Be responsible for your actions.*

No one deserves to be treated with abuse, it's not your fault and you are not alone.

Advocates are here to help!

Are you afraid?

If you've been hurt, threatened, or forced to have unwanted sex by an individual. Even someone close to you... **YOU ARE NOT ALONE!** Many others may have asked the same questions you are asking yourself:

Why is this happening to me?

Is it my fault?

What can I do to stop it?

Will it get worse?

Should I leave?

Should I stay?

Will I survive?

Where can I go?

Who can I call?

What will my friends/family think?

Facts of Domestic Violence:

- Domestic Violence is **very common**.
 - It occurs in all families.
- Every **9 seconds** a woman in the United States is beat.
- Not all injuries are visible, often the most painful ones **can't be seen**.
- Domestic Violence is the single **major cause of injury** to women.
- A battering incident usually happens **more than once**.
- Eventually get's worse and occurs more often.
- Stress, alcohol, drug abuse, or mental illness's may be associated, however **may not** cause acts of domestic violence.

Types of behaviors:

Does your partner-

- Control what you do, say, wear or decide who you talk to and where you go?
 - Restrain you from talking to your friends or family members?
 - Take your money, make you ask for money or refuse to give you money?
 - Drive recklessly to scare you?
 - Tell you that you are a bad parent, and threaten to call CPS?
 - Intimidate you with guns, knives, or other dangerous weapons?
 - Hit, slap, shove, bite, kick, or punch you?
 - Initiate painful or unwanted contact, force sexual contact with others, or rape you?
 - Force you to drop all or any charges filed against them?
 - Threaten to hurt you?
 - Act like the abuse is no big deal?
 - Promise you it won't happen again... but it does?
- ### Safety at home
- Don't allow yourself to be cornered in a room with no exit.
 - Avoid rooms that have easy access to any weapon.
 - Set up an emergency signal or code words that will alert friends, family, or neighbors to call police.
 - Always be prepared.

Remember! The period immediately after leaving can be the most dangerous. This may upset the abuser and cause him/her to become the most violent. If for any reason you have to communicate with the abuser in getting personal belongings or for any such reason, always request for a police officer to escort you for your protection.

Abuse is seen as violent acts to either gain and maintain power or control in a relationship. It is highly important to consider the safety of yourself and your children a priority...

THERE IS HELP

In any situation you may need help or your concerned about another's safety and well being, you may call the numbers below:

Local Police:
928-769-2220

Domestic Violence Advocates:
928-769-2269

National 24 hr Domestic Violence hotline:
1-800-799-SAFE (7233)

When the abuser has moved out:

- Obtain an order of protection.
- Change locks on doors and windows.
- Insert a peephole in the door.
- Change telephone numbers, screen calls, and block caller ID.
- Consider getting a dog.
- Call 911 immediately if your abuser shows up at your front door.

Safety at work:

- Tell your employer.
- Give security a photo of abuser and a copy of the order of protection.
- Request an escort to your car.
- Vary your route home.
- Consider a cell phone for you car.
- Carry a noisemaker or personal alarm.

Protecting your children:

- Plan and rehearse an escape route with your children.
- If it is safe teach them a code word to call 911 and how to use a telephone.
- Let school personnel know whom your children can be released to.
- Give school personnel a photo of abuser as well as a copy of the order of protection.
- Advise school personnel not to release your personal address and phone number.

Preparing to leave:

- **Identification** for you and your children including birth certificates, social security cards, medical insurance cards, etc.

Financial Funds:

You may want to take any and all belonging to you. Such as cash, credit/debit cards, checking/savings books, EBT cards, etc.

Legal Documents/Other:

- Lease/rental agreement, or deed to house.
- Car registration and proof of insurance.
- Health and life insurance papers.
- Medical records for you and your children.
- School and immunization records.
- Work permits/green card or passport.
- Divorce papers.
- Custody papers.

Things to do:

- Open a savings account in your own name.
- Get your own post office box.
- Plan who to stay with, or who would be able to assist you during your crisis.
- Call numbers listed in the brochure for assistance in safety planning or for emergency purposes.
- Keep numbers with you at all times.